

Sample 6-Week Intensive Comprehensive Board Review Plan

This Plan Provides an Example of One Possible Plan; It Is Unlikely to be the “Perfect” Plan for You Use as a Template to Develop a Plan to Meet Your Specific Needs Board Preparation Plans Should Be Individualized

This Sample Board Review Plan

- Represents a 6-week, 42-day comprehensive review
- Involves 6-10 total study hours (TSH) per day
- Maintains forward momentum, e.g., no dwelling on one topic at expense of others
- Utilizes a reasonable number and variety of resources
- Establishes a daily routine, i.e., the general flow of each day is structured similarly
- Varies activities throughout the day—humans have a short attention span; attention and focus are enhanced by switching from active reading (reading combined with note-taking/charting/diagramming/concept mapping) to completing practice questions and taking frequent breaks
- Incorporates regular study breaks
 - 10-minute breaks at the end of each hour
 - Longer breaks near the end of the day on longer days
 - Regular meal times
 - Some evenings off
 - Entire days off at regular intervals for R&R
 - Entire day off before test day
- Utilizes practice questions in a variety of ways
 - Timed mode, single subject: Pretest – Posttest (with content review in between)
 - Single subject tutorial mode for learning content and building confidence
 - Mixed subjects tutorial mode (all disciplines, all systems) for practice with mixed question pool
 - Timed, multi-subject “practice exams” to develop test-taking proficiency
- Builds length of practice exams over time to increase endurance
- Incorporates a simulated full-length exam 7-10 days prior to test day
- Incorporates a review of weak subjects during last week
- Incorporates regular, daily review of micro and pharm

Topics Covered

Review of General Principles

1. Behavioral Science
2. Biochemistry
3. Molecular Biology, Genetics, and Cell Biology
4. Immunology
5. Microbiology
6. Embryology
7. Physiology
8. Pathology
9. Pharmacology / Therapeutics
10. Osteopathic Manipulative Medicine / Osteopathic Principles and Practice (OMM/OPP)

Review of Organ Systems

1. Nervous System
2. Cardiovascular System
3. Respiratory System
4. Renal and Urinary System
5. Gastrointestinal System
6. Endocrine System
7. Reproductive System
8. Musculoskeletal System, Skin, and Connective Tissue
9. Hematologic and Lymphoreticular System

Resources*

- Kaplan medEssentials
- Kaplan Qbank
- USMLE Step 1 Secrets (page numbers are for 3rd edition, 2013)
- Pathoma—Fundamentals of Pathology (page numbers are from the 2011 edition)
- Savarese OMT Review
- SketchyMicro
- SketchyPharm

*There are many good resources to choose from; these are not necessarily “the best.” This plan utilizes Kaplan because it was provided by MSUCOM. Kaplan medEssentials is similar to First Aid, which would be a reasonable substitution. The Kaplan Q-bank has both COMLEX and USMLE style questions. A combination of UWORLD and COMBANK (or COMQUEST) would be a reasonable substitution. Though many students find SketchyMicro and SketchyPharm helpful, not all do. Other resources include various commercial flashcards and Clinical Microbiology Made Ridiculously Simple. USMLE Secrets may not show up on many lists of commonly used or “must have” resources; however, whenever we have recommended it to a student, they have given it rave reviews for its high-yield case-based reviews. Bottom line: choose the resources that make the most sense to you based on learning preferences, availability, affordability, etc.

Overview of Study Plan

Days 1 – 7: The first week of the study plan provides an intensive review of basic science core principles to ensure a solid foundation. Each day begins with a “warm-up” of 15 subject-based questions completed in tutorial mode to ease into the day and begin to build confidence in the subject. Each subject review begins with a “pretest,” followed readings from review books, and ends with a “posttest.”

Day 8: The basic science review concludes with a mixed disciplines practice exam.

Days 10 – 33: The second portion of the study plan provides a systems-based review with 2-days allotted per system. As before, each day begins with a 15-question “warm-up” completed in tutorial mode. Each system review includes a “pretest” on day 1 and ends with a “posttest” on day 2. Readings from recommended sources are interspersed with completing *mixed* question sets in tutorial mode. The purpose of the mixed sets is to train for “flexibility,” e.g., the ability to shift cognitive gears from one subject to another. Frequent breaks as well as switching study activities every hour helps to maintain attention and focus over a long day of studying.

Day 34: The systems review concludes with a full-length simulated exam 9 days prior to test day. This allows for two things: 1) Identifying remaining weak areas for additional review and 2) Determining the likelihood of hitting one’s target score on the actual exam.

Days 36 – 41: The third and final portion of the study plan involves a last push to fill as many “knowledge gaps” as possible. Topics for review should be based on the outcome of the simulated exam, as well as personal knowledge of one’s strengths and weaknesses. The primary focus of these days should be on completing practice questions, with only a minimal amount of highly focused content review.

Day 42: There should be ***no studying on the day before*** the actual exam! Any last-minute random facts you might be able to assimilate are not worth the risk of discovering a gap in your knowledge (which there inevitably will be) that would send you into a panic / despair spiral. This is a time to become centered and as relaxed as possible: a day to do things to take your mind *off* the exam and instead focus on your physical and mental wellbeing. Tire yourself out through physical activity followed by meditation or progressive muscle relaxation to help you get to bed early and obtain the full 7-9 hours of sleep your brain requires to function at peak capacity on test day.

Day	Topics	Day Plan	Summary TSH = Total Study Hours
1	Behavioral Science	Warm-up—1-hour: Complete 15 Behavioral Science practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Behavioral Science followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.4-36 10-minute Break 1-hour: Review USMLE Secrets Chapter 16 Psychology (pp.486-518) Lunch Break 1-hour: Review USMLE Secrets Chapter 24 Behavioral Sciences (pp.722-735) 10-minute Break 1-hour: Review USMLE Secrets Chapter 25 Biostatistics (pp.736-756) 1-hour+ Break 1-hour: Complete 25-question timed posttest on Behavioral Science (include previously incorrect questions) followed by a review explanations for incorrect answers only	TSH: 7+ Questions: 65 Pages: 97
2	Biochemistry Molecular Biology, Genetics, & Cell Biology Embryology	Warm-up—1-hour: Complete 15 Biochemistry, Molecular Biology, Genetics, & Cell Biology, and Embryology practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Biochemistry, Molecular Biology, Genetics, & Cell Biology, and Embryology followed by a review of all explanations 1-hour: Review medEssentials pp.37-57 10-minute Break 1-hour: Complete 25-question timed posttest on Biochemistry (include previously incorrect questions) and review explanations for incorrect answers only Lunch Break 1-hour: Review medEssentials pp.60-85 10-minute Break 1-hour: Complete 25-question timed posttest on Molecular Biology, Genetics, & Cell Biology (include previously incorrect questions) and review explanations for incorrect answers only 1-hour+ Break 30 minutes: Review medEssentials pp.141-146 10-minute Break 1-hour: Complete 25-question timed posttest on Embryology (include previously incorrect questions) and review explanations for incorrect answers only	TSH: 7-8+ Questions: 115 Pages: 50
3	Biochemistry Molecular Biology, Genetics, & Cell Biology Immunology	Warm-up—1-hour: Complete 15 Immunology practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 10 Oncology (pp.291-328) 10-minute Break 1-hour: Review USMLE Secrets Chapter 11 Genetic and Metabolic Disease (pp.329-350) Lunch Break 1-hour: Review USMLE Secrets Chapter 11 Genetic and Metabolic Disease (pp.350-370) 10-minute Break 1-hour: Complete 25-question timed pretest on Immunology followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.87-110	TSH: 6+ Questions: 40 Pages: 101
4	Immunology Microbiology	Warm-up—1-hour: Complete 15 Microbiology practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 15 Immunology cases 15-1 thru 15-5 (pp.439-462) 10-minute Break 1-hour: Review USMLE Secrets Chapter 15 Immunology cases 15-6 thru 15-11 (pp.463-485) 10-minute Break 1-hour: Review USMLE Secrets Chapter 20 Vasculitides (pp.618-630) Lunch Break 1-hour: Complete 25-question timed posttest on Immunology (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 1-hour: Complete 25-question timed pretest on Microbiology followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.111-140	TSH: 7+ Questions: 65 Pages: 86
5	Microbiology	1-hour: Complete 50-question timed practice test covering all disciplines reviewed so far (include previously incorrect questions) 10-minute Break 1-hour: Review explanations and concept map problematic content 10-minute Break 1-hour: Review USMLE Secrets Chapter 21 Bacterial Diseases (pp.631-650) Lunch Break 1-hour: Review USMLE Secrets Chapter 21 Bacterial Diseases (pp.650-673) 10-minute Break 1-hour: Review USMLE Secrets Chapter 22 Viral, Parasitic and Fungal Diseases (pp.674-692) 1-hour+ Break 1-hour: Complete 25-question timed posttest on Microbiology (include previously incorrect questions) and review explanations	TSH: 6+ Questions: 75 Pages: 60

6	Physiology Pathology	<p>Warm-up—1-hour: Complete 15 Physiology and Pathology practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Physiology and Pathology followed by a review of all explanations 10-minute Break 30-minutes: Review medEssentials pp.148-152 10-minute Break 1-hour: Complete 25-question timed posttest on Physiology (include previously incorrect questions) and review explanations for incorrect answers only Lunch Break 30-minutes: Review medEssentials pp.153-163 10-minute Break 1-hour: Review Fundamentals of Pathology Chapter 1 (pp.1-9) & Chapter 2 (pp.11-21) 10-minute Break 1-hour: Review USMLE Secrets Chapter 27 Pathology (pp.805-820) 10-minute Break 1-hour: Complete 25-question timed posttest on Pathology (include previously incorrect questions) and review explanations for incorrect answers only</p>	TSH: 7+ Questions: 90 Pages: 50
7	Pharmacology / Therapeutics	<p>Warm-up—1-hour: Complete 15 Pharmacology practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Pharmacology followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pharmacology/therapeutics pp.165-179 10-minute Break 1-hour: Review USMLE Secrets Chapter 23 Pharmacology and Toxicology (pp.693-721) 10-minute Break 1-hour: Complete 25-question timed posttest on pharmacology (include previously incorrect questions) and review explanations Lunch Break 1-hour: Complete 50-question timed practice test covering all disciplines reviewed so far (include previously incorrect questions) 10-minute Break 1-hour: Review explanations and concept map problematic content 10-minute Break 1-hour: Continue: Review explanations and concept map problematic content</p>	TSH: 8+ Questions: 115 Pages: 42
8	PRACTICE EXAM	<p>2-hours: Complete 100 question simulated exam; select "timed test"; select "unused only"; select ALL basic sciences/general principles content; strive for <60 seconds/question 1-hour+ Break 2-hours: Review explanations for wrong answers and guesses; identify any patterns of weakness</p>	TSH: 4+ Questions: 100
9 DAY OFF FOR REST AND RECREATION			
10	Nervous System	<p>Warm-up—1-hour: Complete 15 Neurology practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Nervous System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.183-228 10-minute Break 1-hour: Continue: Review medEssentials pp.183-228 Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review Fundamentals of Pathology (pp.177-189) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Continue: Review Fundamentals of Pathology (pp.177-189) Dinner Break 30-minutes: SketchyMicro</p>	TSH: 8-9+ Questions: 70 Pages: 57
11	Nervous System	<p>Warm-up—1-hour: Complete 15 Neurology practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 17 Neurology (pp.519-539) 10-minute Break 1-hour: Continue: Review USMLE Secrets Chapter 17 Neurology (pp.539-567) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Review USMLE Secrets Chapter 18 Ophthalmology (pp.568-576) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed posttest on Nervous System (include previously incorrect questions) and review explanations for incorrect answers only Dinner Break 30-minutes: SketchyPharm</p>	TSH: 7-8+ Questions: 70 Pages: 56

12	Musculo-skeletal System, Skin, & Connective Tissue	<p>Warm-up—1-hour: Complete 15 Musculoskeletal System, Skin & Connective Tissue practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Musculoskeletal System, Skin & Connective Tissue followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.423-458 10-minute Break 1-hour: Continue: Review medEssentials pp.423-458 Lunch Break 1-hour: Review Fundamentals of Pathology (pp.191-200) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review Fundamentals of Pathology (pp.201-208) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Dinner Break 30-minutes: SketchyMicro</p>	TSH: 8-9+ Questions: 70 Pages: 52
13	Musculo-skeletal System, Skin, & Connective Tissue	<p>Warm-up—1-hour: Complete 15 Musculoskeletal System, Skin & Connective Tissue practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 19 Rheumatology (pp.577-595) 10-minute Break 1-hour: Review USMLE Secrets Chapter 19 Rheumatology (pp.596-617) Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 26 Clinical Anatomy (pp. 757-782) 10-minute Break 1-hour: Review USMLE Secrets Chapter 26 Clinical Anatomy (pp. 782-804) 10-minute Break 1-hour: Complete 25-question timed posttest on Musculoskeletal System, Skin, & Connective Tissue (include previously incorrect questions) and review explanations for incorrect answers only Dinner Break 30-minutes: SketchyPharm</p>	TSH: 7-8+ Questions: 55 Pages: 87
14	OMM/OPP	<p>Warm-up—1-hour: 15 Kaplan Qbank OMM/OPP practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on OMM/OPP followed by a review of all explanations 10-minute Break 1-hour: Review Savarese OMT Review, as needed Lunch Break 1-hour: Complete 25-question timed posttest on OMM/OPP followed by a review of all explanations</p>	TSH: 4 Questions: 65
15	PRACTICE EXAM	<p>4-hours: Complete 200 question simulated exam; select "timed test"; select unused + incorrect only; select ALL disciplines & ALL organ systems (not just the ones covered so far); strive for <60 seconds/question 1-hour+ Break 4-hours+: Review explanations for wrong answers and guesses; identify any patterns of weakness</p>	TSH: 8+ Questions: 200
16	DAY OFF FOR REST AND RECREATION		
17	Cardiovascular System	<p>Warm-up—1-hour: Complete 15 Cardiovascular System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Cardiovascular System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.229-272 10-minute Break 1-hour: Continue: Review medEssentials pp.229-272 Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: Continue: Review Fundamentals of Pathology Chapter 7 (pp.65-71) 10-minute Break 30-minutes: Continue: Review Fundamentals of Pathology Chapter 8 (pp.73-84) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 1-hour+ Break 30-minutes: SketchyMicro</p>	TSH: 7-8+ Questions: 70 Pages: 60

18	Cardiovascular System	<p>Warm-up—1-hour: Complete 15 Cardiovascular System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 1 Cardiology (pp.1-33) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: Review USMLE Secrets Chapter 28 ECG (pp.821-828) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Complete 25-question timed posttest on Cardiovascular System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: SketchyPharm</p>	TSH: 7+ Questions: 85 Pages: 40
19	Hematologic & Lymphoreticular System	<p>Warm-up—1-hour: Complete 15 Hematologic & Lymphoreticular System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Hematologic & Lymphoreticular System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.459-476 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 3 (pp.23-30) Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 4 (pp.31-40) 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 5 (pp.41-52) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Dinner Break 30-minutes: Review Fundamentals of Pathology Chapter 6 (pp.53-64) 10-minute Break 30-minutes: SketchyMicro</p>	TSH: 7-8+ Questions: 70 Pages: 55
20	Hematologic & Lymphoreticular System	<p>Warm-up—1-hour: Complete 15 Hematologic & Lymphoreticular System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 12 Anemias (pp.371-404) 10-minute Break 1-hour: Complete 15 practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 13 Bleeding Disorders (pp.404-417) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Review USMLE Secrets Chapter 14 Hematologic Malignancies (pp.418-438) 10-minute Break 1-hour: Complete 25-question timed posttest on Hematologic & Lymphoreticular System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 30-minutes: SketchyPharm</p>	TSH: 7-8+ Questions: 70 Pages: 66
21	Respiratory System	<p>Warm-up—1-hour: Complete 15 Respiratory System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Respiratory System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.273-297 10-minute Break 1-hour: Continue: Review medEssentials pp.273-297 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Review Fundamentals of Pathology Chapter 9 (pp.85-98) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 1-hour+ Break 30-minutes: SketchyMicro</p>	TSH: 7-8+ Questions: 70 Pages: 38

22	Respiratory System	<p>Warm-up—1-hour: Complete 15 Respiratory System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 2 Pulmonology (pp.34-66) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Complete 25-question timed posttest on Respiratory System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 30-minutes: SketchyPharm</p>	TSH: 5-6+ Questions: 70 Pages: 32
23	PRACTICE EXAM	<p>4-hours: Complete 200 question simulated exam; select "timed test"; select unused + incorrect only; select ALL disciplines + ALL organ systems (not just the ones covered so far); strive for <60 seconds/question 1-hour+ Break 4-hours+: Review explanations for wrong answers and guesses; identify any patterns of weakness</p>	TSH: 8+ Questions: 200
24	DAY OFF FOR REST AND RECREATION		
25	Renal & Urinary System	<p>Warm-up—1-hour: Complete 15 Renal & Urinary System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Renal & Urinary System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.299-332 10-minute Break 1-hour: Review medEssentials pp.299-332 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 30-minutes: Review Fundamentals of Pathology Chapter 12 (pp.125-136) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 1-hour+ Break 30-minutes: SketchyMicro</p>	TSH: 7+ Questions: 70 Pages: 44
26	Renal & Urinary System	<p>Warm-up—1-hour: Complete 15 Renal & Urinary System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 3 Nephrology (pp.67-96) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 4 Fluid and Electrolytes (pp.97-116) Lunch Break 1-hour: Review USMLE Secrets Chapter 5 Acid-Base Balance (pp.117-133) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed posttest on Renal & Urinary System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 30-minutes: SketchyPharm or Pharm Flashcards</p>	TSH: 7-8+ Questions: 70 Pages: 64
27	Gastrointestinal System	<p>Warm-up—1-hour: Complete 15 Gastrointestinal System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Gastrointestinal System and review all explanations 10-minute Break 1-hour: Review medEssentials pp.333-368 10-minute Break 1-hour: Review medEssentials pp.333-368 Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 10 (pp.99-114) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 1-hour+ Break 1-hour: Review Fundamentals of Pathology Chapter 11 (pp.115-124) 10-minute Break 30-minutes: SketchyMicro</p>	TSH: 8+ Questions: 70 Pages: 60

28	Gastrointestinal System	<p>Warm-up—1-hour: Complete 15 Gastrointestinal System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 6 Gastroenterology (pp.134-163) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 7 Hepatology (pp.164-195) Lunch Break 1-hour: Complete 25-question timed posttest on Gastrointestinal System (include previously incorrect questions) and review explanations for incorrect answers only for incorrect answers 10-minute Break 30-minutes: SketchyPharm or Pharm Flashcards</p>	TSH: 5-6+ Questions: 55 Pages: 61
29	Endocrine System	<p>Warm-up—1-hour: Complete 15 Endocrine System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Endocrine System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.369-391 10-minute Break 1-hour: Continue: Review medEssentials pp.369-391 Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review Fundamentals of Pathology Chapter 15 (pp.159-170) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: SketchyMicro</p>	TSH: 7-8+ Questions: 70 Pages: 33
30	Endocrine System	<p>Warm-up—1-hour: Complete 15 Endocrine System practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 8 Endocrinology (pp.196-229) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 8 Endocrinology (pp.229-251) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Lunch Break 1-hour: Complete 25-question timed posttest on Endocrine System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 30-minutes: SketchyPharm or Pharm Flashcards</p>	TSH: 6-7+ Questions: 70 Pages: 54
31	Reproductive System	<p>Warm-up—1-hour: Complete 15 Reproductive System practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on Reproductive System followed by a review of all explanations 10-minute Break 1-hour: Review medEssentials pp.393-421 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review Fundamentals of Pathology Chapter 13 (pp.137-150) Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 14 (pp.151-158) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode Dinner Break 30-minutes: SketchyMicro</p>	TSH: 8 Questions: 95 Pages: 48
32	Reproductive System	<p>Warm-up—1-hour: Complete 15 Reproductive System practice questions in tutorial mode 10-minute Break 30-minutes: Review Fundamentals of Pathology Chapter 16 (pp.171-176) 10-minute Break 1-hour: Review USMLE Secrets Chapter 8 Male / Female Reproductive Systems (pp. 252-272) 10-minute Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Review USMLE Secrets Chapter 8 Male / Female Reproductive Systems (pp. 273-290) Lunch Break 1-hour: Complete 15 mixed (all systems) practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed posttest on Reproductive System (include previously incorrect questions) and review explanations for incorrect answers only 10-minute Break 30-minutes: SketchyPharm or Pharm Flashcards</p>	TSH: 6-7+ Questions: 70 Pages: 53

33	OMM/OPP	Warm-up—1-hour: 15 Kaplan Qbank OMM/OPP practice questions in tutorial mode 10-minute Break 1-hour: Complete 25-question timed pretest on OMM/OPP followed by a review of all explanations 10-minute Break 1-hour: Review Savarese OMT Review, as needed Lunch Break 1-hour: Complete 25-question timed posttest on OMM/OPP followed by a review of all explanations	TSH: 4+ Questions: 65
34	SIMULATED / READINESS EXAM Kaplan Step 1 Simulated Exam or NBME Assessment		TSH: 8 Questions: ~400
35	DAY OFF FOR REST AND RECREATION		
36	Weak area #1	Warm-up—1-hour: Complete 25 weak area #1 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #1 10-minute Break 1-hour: Complete 25 weak area #1 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers	TSH: 6+ Questions: 100
37	Weak area #2	Warm-up—1-hour: Complete 25 weak area #2 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #2 10-minute Break 1-hour: Complete 25 weak area #2 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers	TSH: 6+ Questions: 100
38	Weak area #3	Warm-up—1-hour: Complete 25 weak area #3 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #3 10-minute Break 1-hour: Complete 25 weak area #3 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers	TSH: 6+ Questions: 100
39	Weak area #4	Warm-up—1-hour: Complete 25 weak area #4 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #4 10-minute Break 1-hour: Complete 25 weak area #4 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers	TSH: 6+ Questions: 100
40	Weak area #5	Warm-up—1-hour: Complete 25 weak area #5 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #5 10-minute Break 1-hour: Complete 25 weak area #5 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers	TSH: 6+ Questions: 100

41	Weak area #6	<p>Warm-up—1-hour: Complete 25 weak area #6 practice questions in tutorial mode 10-minute Break 1-hour: Focused review of weak area #6 10-minute Break 1-hour: Complete 25 weak area #6 practice questions in timed mode (include previously incorrect questions) Lunch Break 1-hour: Review explanations for wrong answers 10-minute Break 1-hour: Complete 50 mixed (all systems, all disciplines) practice questions in timed mode 10-minute Break 1-hour: Review explanations for wrong answers</p>	TSH: 6+ Questions: 100
42	DAY OF REST NO STUDYING	<p>Work-out Go see a movie Gather up all the things needed for test day (e.g., IDs, meds, snacks) Set two alarms to ensure waking-up on time Do relaxation yoga or progressive muscle relaxation before bed Go to bed early enough to get 8 hours of sleep</p>	
TEST DAY		<p>Arrive at test center 30-minutes early Think positive thoughts</p>	